

Canada

Winter Time Zones

- first Sunday in November to
second Sunday in March.


— legislated time zone boundary

— observed time zone


UTC
Coordinated
Universal Time
(modern Greenwich
reference time)



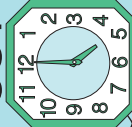
NST
Newfoundland
Standard Time
(UTC - 3h30)




EST
Eastern
Standard
Time
(UTC - 5h)




CST
Central
Standard
Time
(UTC - 6h)



MST
Mountain
Standard
Time
(UTC - 7h)



PST
Pacific
Standard
Time
(UTC - 8h)



AST
Atlantic
Standard
Time
(UTC - 4h)

